Disclaimer

This book is **educational**. It is not legal, medical, financial, or engineering advice. Safety matters. If you are unsure about electrical work, structural work, combustion appliances, water safety, or local regulations, consult a qualified professional.

Who this is for

You want to be more self-reliant without cosplay. You want **systems** you can run:
• predictable routines
• low-cost upgrades
• resilience under disruption

This is written at an *expert technical level* (clear assumptions, failure modes, verification steps), but in **plain language**.

Core principle

Self-reliance is not one big project. It's a portfolio of small, reliable capabilities:

1) **Water** (safe to drink, stored, and managed)
2) **Energy** (heat, light, charging, cooking)
3) **Food** (staples + preservation + production where possible)
4) **Shelter** (weatherproof, breathable, maintainable)
5) **Health & safety** (first aid, hygiene, risk reduction)
6) **Money & documents** (cash buffer, records, identity)
7) **Community** (the highest leverage "backup system")

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2) Water: Storage, Treatment, and Daily Use

Water is the non-negotiable. Food is optional longer; water is not.

2.1 Minimum targets

• **Emergency minimum:** 3 liters per person per day (drinking + minimal hygiene)
• **More realistic:** 5–7 liters per person per day

Start with **3 days**, then **14 days**.

2.2 Storage (the easy win)

What to do
• Store water in clean, food-safe containers.
• Keep it dark/cool.
• Label with date.

Failure modes
• Contamination from dirty containers
• Plastic odor/leaching from non-food containers
• Sunlight promoting growth

Verification
• Containers are food-grade
• No leaks
• Rotation schedule exists (simple monthly check)

2.3 Treatment (don't improvise)

Treatment options (in practical order):
1) **Boiling** (reliable; fuel cost)
2) **Certified filter** (convenient; requires maintenance)
3) **Chemical disinfection** (backup; taste; needs correct dosing)

Red lines:

• If water source is chemically contaminated, boiling may not help.
• If you have infants/immunocompromised people, be extra conservative.

4) Food: Staples, Preservation, and Production

Goal: stable calories + protein + micronutrients.

Start with a 2-week pantry you actually eat.

6) Health, Hygiene, and First Aid

Hygiene prevents more problems than hero-level first aid.

8) Money, Documents, and Admin Resilience

Self-reliance includes paperwork continuity: ID, insurance, key numbers.

10) 30/60/90-Day Plan

• **30 days:** 72-hour independence + hygiene + charging + basic water safety
• **60 days:** 14-day pantry + cooking redundancy + repair kit
• **90 days:** deeper water + seasonal plan + neighborhood mutual aid